

# PHYSICAL EDUCATION (PHYD)

## PHYD 111 Intro to Physical Education (2 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lecture hours: 2

Covers the philosophy, aims, objectives, and principles of physical education with an emphasis on the development of basic understanding of the function of physical education in public schools and the elements involved in the professional preparation of teachers.

## PHYD 114 Indoor/Outdoor Activities (0.5-1 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lab hours: 0.5-2

Repeatable: 4 times

Introduces the student to a variety of recreational activities selected on the basis of facility availability and student interest. A maximum of four (4) credit hours may be earned in this course.

## PHYD 115 Introduction to Recreation (3 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lecture hours: 3

Offers an opportunity for the student to develop concepts about recreation, the meaning of leisure and recreation, the economic importance of recreation, the social institutions providing recreation services, and the types of areas and facilities used in recreation.

## PHYD 121 Physical Fitness I (0.5-2 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lab hours: 0.5-4

Repeatable: 2 times

Provides fitness through exercise. Individual participation and instruction in physical activities, weight training, calisthenics, and aerobics. A maximum of four (4) credit hours may be earned in this course.

## PHYD 124 Theory of Football Coaching (2 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lecture hours: 2

Includes study of the fundamentals and techniques, rules, and strategies of football.

## PHYD 135 Games In Elementary Phys. Ed. (3 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lecture hours: 3

Emphasizes the factors essential to program planning in physical education on the elementary school level including techniques of organization, activities planning, observations of children, and method of teaching.

## PHYD 220 Team Sport (0.5-3 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lab hours: 0.5-6

Repeatable: 2 times

Instructs students in the skills, techniques, and rules of team sports. Emphasis is on experience playing the sport. Team sports will include: basketball, volleyball, baseball, golf, and softball. A maximum of six (6) credit hours may be earned in this course.

## PHYD 221 Physical Fitness II (0.5-2 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lab hours: 0.5-4

Repeatable: 2 times

Teaches fitness through exercise. Individual participation and instruction in physical activities will include jogging, calisthenics, weight training, and aerobics. Develops cardiovascular fitness, aids in muscular strength, muscle rehabilitation, and physical flexibility. A maximum of four (4) credit hours may be earned in this course.

## PHYD 222 Weight Training (1 Credit Hour)

Type of credit: Baccalaureate/Transfer

Lab hours: 2

Repeatable: 4 times

Introduces the student to the fundamentals of lifting as a body conditioning experience. Training on free weights, nautilus, and weight machines will be included. A maximum of four (4) credit hours may be earned in this course.

## PHYD 225 Theory of Baseball Coaching (2 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lecture hours: 2

Includes the study of the fundamentals and techniques, rules, and strategies of baseball.

## PHYD 226 Theory of Basketball Coaching (2 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lecture hours: 2

Includes the study of the fundamentals and techniques, rules, and strategies of basketball.

## PHYD 227 Sports Officiating (3 Credit Hours)

Type of credit: Baccalaureate/Transfer

Lecture hours: 3

Provides coeducational instruction covering football, volleyball, basketball, baseball, softball, and track and field instruction and practice for men and women. Stresses the technique of officiating, study of rules, and will cover Illinois High School Association sports officiating principles.

## PHYD 239 Body Mechanics (1 Credit Hour)

Type of credit: Baccalaureate/Transfer

Lecture hours: .5

Lab hours: 1

Repeatable: 4 times

Considers figure and posture improvement, conditioning, and development exercises. Application of material learned for use in teaching will be stressed.